

# Promoting

# Healthy Lifestyles



A Healthy Lifestyle is not just the absence of disease or illness - it's a state of physical, mental, and social well-being.

We believe that everyone deserves the chance to be as healthy as possible.

In order to achieve physical and mental well-being, we must combat social determinants of health - the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of our daily lives.

Join us as we promote health at every size and educate our community about the many different ways a healthy lifestyle can look.

## Social Determinants of Health



### Social Conditions

Social inequities occur when a person or group is treated unfairly because of race, gender, class, sexual orientation, or immigration status



### Economic Conditions

Institutions such as governments, churches, corporations, or schools use their authority to create unequal opportunities among groups of people



### Environmental Conditions

Where you live affects your health. Lower-income neighborhoods tend to be in poor social-economic and physical conditions



### Health Behaviors

Smoking, poor nutrition, and lack of exercise are all behaviors that may lead to poor health. Health knowledge also influences health behaviors



### Disease or Injury

Chronic disease or injury can result from inequities and health behaviors. Genetics also influences health differences.



### Morbidity or Mortality

Your social status, education, the zip code you live in, and health behaviors all affect life expectancy



[CHARIHOYOUTH.ORG](https://charihoyouth.org)



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CHARIHO  
youth  
TASK FORCE

# Our Campaigns & Programs

## Community Hikes

Join us on a Community Hike! Every other Saturday, the Chariho Youth Task Force hosts a Community Hike at a public hiking spot through Charlestown, Hopkinton, Richmond, and the surrounding areas. This is a time for our community to come together, get moving, and appreciate the beautiful lands that surrounds us. Visit [CharihoYouth.org](http://CharihoYouth.org) for upcoming hike dates, locations, and more!



## Every Body Is Beautiful

Let's learn to love our bodies for what they are - a tool. A tool that allows us to walk, to breathe, to dance, to do all the things we love. This campaign started as an idea from our Youth Ambassadors and has grown into an educational resource, national t-shirt campaign, community events, and most recently a published children's book to spread body positivity. Visit [CharihoYouth.org](http://CharihoYouth.org) to learn more.



## Community Challenge

First launched during the beginning of the COVID-19 Pandemic, the Chariho Community Challenge was launched to serve as a motivator for Chariho students and families to promote health through four core elements - Nutrition, Sleep, Movement, and Environment. Visit [CharihoYouth.org](http://CharihoYouth.org) to learn more about each element of health and to take the Chariho Community Challenge!



## Resources

If you or someone you know is in need of additional resources regarding health - scan this code or visit [CharihoYouth.org](http://CharihoYouth.org)

